

Corona Weekly Meal Plan - Week 5

	Breakfast	Lunch	Snack	Snack	Dinner with pescatarian option
Mon	Fried egg on Sourdough Toast	Shakshuka with aubergine and feta	Roasted Cauliflower	Dried apple rings and Blueberry Flapjacks	Spicy Chickpea Buddha Bowl
Tue	Toast with vegemite & Skyr raspberry yoghurt	Mushroom Omelette with Broccoli, Red Onion and pomegranate Salad	Rice Pudding	Banana Cake	Salmon ceviche with spinach balls
Wed	Homemade Granola with yoghurt and berries	Poke Bowl	Rice pudding	Mango, pineapple and raspberries	Burgers made by Jonah
Thur	Porridge with/out fruit	Italian bean, tuna tomato & olive salad, hummus, plus one new salad	Crisps	Spinach Balls and crudité's with hummus and guacamole	One Tray Baked Cod with lemon, thyme & tomato with Greek Salad (recipe in development)
Fri	Toast* with peanut butter* and cucumber or apple	Pea soup with mixed seed crackers and hummus	Kit Kat	Blueberry Flapjacks	Chicken/Cod Goujons with potato wedges, roast vegetables Apple crumble with custard
Sat	Breakfast pancakes with berries and yoghurt	Nachos with guacamole & tomato salsa (recipe in development)	Beetroot Muffins	Blueberry Flapjacks	Beef Wellington by Dean
Sun	Smashed avocado on toast* with poached eggs	Chicken balls with coleslaw and salad	Bruschetta	Beetroot Muffins	Salmon Ramen with pak choi, spinach and noodles (recipe in development)
Recipe available on my website					